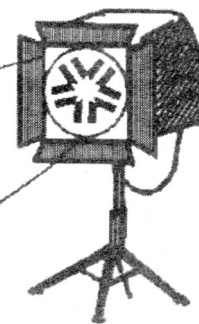


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 4

A newsletter for D.C. Seniors

April 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

April is National Alcohol Awareness Month. Therefore we, along with other areas nationwide, are recognizing April 11 as Alcohol Screening Day.

A household study conducted in 2000 reports that residents in Wards 2 and 3 registered the highest alcohol usage in the District of Columbia. In light of these findings, the Office on Aging is partnering with the Department of Health to provide screenings in those Wards.

April is also being observed nationally as Cancer Control Month. Look inside this issue for more information on how you can prevent and control cancer by taking up a healthy lifestyle.

Open up for wellness. On May 2, the Senior Service Network will host open houses at each of the wellness centers — including the new Congress Heights Senior Wellness Center — to kick-off Older Americans Month. Find out more about these exciting events in this issue.

We are also very excited about our senior wellness projects in the city. We would like all seniors to have the opportunity to maintain a healthy lifestyle at wellness centers located in their Ward.

Mayor Anthony Williams has committed to helping the Office on Aging make this goal a reality for seniors in the District of Columbia.

Caregivers Fair

Are you responsible for the care of an older person?

Are you overwhelmed and in need of relief?
Need Answers?

Come to the

**D.C. Office on Aging
Older Americans Month
Caregivers Fair**

Thursday, May 9 • 10 am to 3 pm

One Judiciary Square • Main Lobby
441 Fourth Street, N.W.

For more information, call **202-724-5626**

Ms. Senior D.C.



Diane Shapiro Jager was in the District to receive an award for her volunteer work with children when the Ms. Senior D.C. Pageant Planning Committee kicked off the new pageant year.

Jager is Ms. Arizona Senior America 2001 and the Second Prize Konze Award winner. The Konze Award is given during the Senior

America Pageant to persons who demonstrate excellent volunteerism toward children in their area.

The Ms. Senior D.C. Pageant will be held Sunday, June 30, at 2:30 p.m. in Building 46 of the University of the District of Columbia. For more information, contact Gwen Coleman at 202-832-4970.

Thursday, April 11

National Alcohol Screening Day Find Out How Much is Too Much

Downtown Site

Downtown Cluster's Geriatric Day Care Center

900 Massachusetts Avenue, N.W.

10 a.m. to 3 p.m.

Call 202-347-7527 for more information

IONA Senior Services Lunch Sites

Behrend-Adas Senior Fellowship

2850 Quebec Street, N.W.

Call 202-363-7530 for more information

St. Mary's Court Mid-Day Program

725 24th Street, N.W.

Contact Michelle Mullins at 202-659-5645

Super Sixties

St. Alban's Church

3001 Wisconsin Ave., N.W.

Contact Simha Mishalani at 202-363-8286



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

April Events

4th and 18th • 1 to 3 p.m.

IONA's Reminiscence Group meets on the first and third Thursday of every month for a presentation and discussion on a variety of topics. April 4, "Our Leisure Time: Discussing Hobbies." Contact Sean Hall at 202-896-9462 or e-mail: shall@iona.org.

5th • 10 a.m. to 1 p.m.

Come to the Office of the People's Counsel's District of Columbia Energy Awareness Day III, "Spring Home Tuneup." Free energy saving kits to the first 100 consumers. It's being held at the Washington Convention Center, 900 9th St., N.W., Room 20. Hands-on demonstrations and group discussions on: how to decrease your utility bills, making your home more energy efficient, how to save with a programmable thermostat, free tips on energy efficient appliances, and more! Contact George Harris at 202-727-3071 to register.

6th • 7 to 9 p.m.

Learn what to ask when looking for help in caring for a person at home, including the different roles of home health aides, certified nursing assistants, LPNs and RNs. The meeting will be at Blessed Sacrament School, 5891 Chevy Chase Parkway, N.W. For further information, contact Susan Roach at 202-895-9414 to register.

6th

Hurry! Tickets to see the Broadway hit, *The Lion King* are going fast, hosted by Senior Citizens Counseling and Delivery Service. The cost of \$150 per person includes round trip transportation, tickets to the show, and dinner at the famous Sylvia's Restaurant. Full payment guarantees your seat. Call 202-678-2800 for more details.

8th, 15th, 22nd & 29th • 11:30 a.m.

Phillip T. Johnson Senior Center will be hosting a brief course on Spanish each Monday. Class will be held at 4323 Bowen Rd., S.E. For further information, contact Robinette Livingston at 202-398-5948.

8th, 15th, 22nd, 29th • 10 a.m.

Join Phillip T. Johnson Senior Center's weight management program. This is a free course held each Monday morning to maintain or correct any weight issues you may have. Class will be held at 4323 Bowen Rd., S.E. For further information, contact Robinette Livingston at 202-398-5948.

9th • 1 p.m.

Enjoy the Washington Performing Arts in concert at Fort Stevens Senior Center. This event is free. For further information, contact Mrs. Bertha Bell at 202-724-8937.

9th, 16th, 23rd, 30th • 11 a.m.

Learn the alphabet in sign language with Phillip T. Johnson Senior Center. Classes are held each Tuesday at 4323 Bowen Rd., S.E. For further information, contact Robinette Livingston at 202-398-5948.

10th • noon

Come and dance in your seats at the "Oldies But Goodies" concert at the Lincoln Theater. This free event is being hosted by the Kenilworth Parkside Senior Center. For further information, contact Mrs. Bertha Bell at 202-724-8937.

11th • 9:30 a.m. to 3:30 p.m.

Free mammograms for women who qualify. George Washington Hospital will provide women 60 years and over with mammogram screenings. For more informa-

tion and to register, call the Senior Citizens Counseling and Delivery Service at 202-678-2800.

11th

National Alcoholism Screening Day - IONA social workers will meet with seniors at the Isabella Breckinridge Center, in client's homes, and at IONA's lunch sites to provide screening and education about at-risk drinking. For more information, or to arrange a confidential meeting with an IONA social worker, contact Kris Bree at 202-895-9442 or e-mail KBree@iona.org.

12th • 10:30 a.m.

Enjoy a free tour of the Washington National Cathedral with the Model Cities Senior Wellness Center. Leave from the center, 1901 Evarts St., N.E. For more information, contact Nichole Powell at 202-635-1900.

15th • 10:30 a.m.

Model Cities Senior Wellness Center will visit Brookside Gardens, 1800 Glenallan Avenue, Wheaton, Md. Come for a beautiful springtime tour. For details, call Nichole Powell at 202-635-1900.

17th • 10 a.m. to 2:30 p.m.

End-of-life issues workshop given by the Senior Citizens Counseling and Delivery Service located at 2451 Good Hope Rd., S.E. Don't miss this important seminar that addresses wills, advance directives, coping with loss, and other related topics. Workshop is free; however, pre-registration is required. For further information or to register, contact Andrea Stockton, 202-678-2800.

18th • 1 to 3 p.m.

IONA's Reminiscence Group meets for a presentation and discussion on a variety of topics on the first and third Thursday of every month. Upcoming topics: April 18, Poetry — Poetic Life; and May 2, Relaxation — Easy Does It. Contact Sean Hall at 202-895-9462. IONA is located at 4125 Albemarle St., N.W.

18th • 1pm

Nutrition BINGO! Enjoy this fun and educational game. Win great prizes, too. This free event is being hosted by the Senior Citizens Counseling and Delivery Service center at 2451 Good Hope Rd., S.E. For more information, contact Andrea Stockton, 202-678-2800.

19th • 10:30 a.m.

A special event for Project Keen members. Attend a volunteer recognition program at Hughes Memorial United Methodist Church. For more information, contact Elise Nicholls at 202-279-5871.

20th • 9:30 a.m. to 12:30 p.m.

"Low Vision Loved Ones" An experiential IONA workshop for friends and family of those with low vision is designed to help them gain greater understanding of the problems faced by those suffering vision loss and to improve communication skills. Continental breakfast is at 9:30 a.m.; the cost is \$20. To register, call 202-895-0248 or email register@iona.org.

22nd • 1 p.m.

April is Sexual Awareness Month. A workshop titled, "Prevention of Sexual Assaults" will be presented by the D.C. Rape Crisis Center at the Senior Citizens Counseling and Delivery Service center at 2451 Good Hope Rd., S.E. For further information, contact Andrea Stockton at 202-678-2800.

22nd • 10 a.m. to noon

"Yoga For Your Bones Workshop" Weight-bearing exercises, such as walking and yoga, contribute to

the prevention of bone loss. During this workshop you will learn how to build stronger bones and which strength-building yoga poses work best for you. Wear comfortable clothing. Charge: \$12. To register, call IONA at 202-895-0248. Space is limited.

23rd • 1 p.m.

The HeyDay Players will present a short play, entitled: "The Stresses of Growing Older." Don't miss this play presented by a touring senior theatrical group that is dedicated to educating and entertaining seniors and other members of the community. This free event is being hosted by the Senior Citizens Counseling and Delivery Service at 2451 Good Hope Rd., S.E. For more information, call 202-678-2800.

24th

Spend the day with Columbia Senior Center for a show at the Daniel Sight and Sound theatre, buffet lunch, and shopping. Donation is \$70. For more information and reservations, contact Monica Carroll at 202-328-3270.

24th • 11 a.m. to noon

"Protecting Your Valuables – Home and Fire Insurance." Join us at the Senior Citizens Counseling and Delivery Service for this workshop sponsored by the DC Office on Aging and presented by the Department of Insurance and Securities Regulations. The D.C. Fire Department will also conduct a short presentation on fire prevention. This free event is at 2451 Good Hope Rd., S.E. For more details, call 202-678-2800.

25th

Barney Neighborhood House Senior Program will partner with the MS Foundation for Women to sponsor "Take Your Daughter to Work Day." For further information, please call Donna J. Ellis at 202-939-9020.

26th • 7 p.m.

Dance the night away at the Kenilworth Parkside Senior Spring Dance being held at the Teamsters' Building. Ticket price and reservations can be obtained by contacting Mrs. Bertha Bell at 202-724-8937.

27th • 9:30 to 11 a.m.

"Caring For Those Who Cared For Us" is a workshop is geared toward adults who are current or soon-to-be caregivers of older relatives. Clinical social workers will help participants gain a better understanding of the dynamics of the caregiving role as well as explore ways to reduce the stress caregiving can create. Conducted at Holy Trinity Church. To register, call 202-895-0248 or e-mail register@iona.org.

Early May Events

May 1st

See what Spring has to offer at the Kenilworth Parkside Senior Fashion Show being at the Omni Shoreham Hotel. Ticket price and reservations can be obtained by contacting Mrs. Bertha Bell at 202-724-8937.

May 1st - Final payment due

A Dwelling Place Senior Center is hosting a French Canadian Adventure. Spend six days and five nights in Quebec, Canada, June 26th through July 1st, for \$535 per person based on double occupancy. \$75 is due upon signing, and final payment is due May 1st. This trip includes deluxe motorcoach transportation, 10 meals, five nights hotel accommodations, a tour of Quebec City, a tour of Montreal, gaming at the Casino de Montreal, whale watching on Bay St. Catherine and much more. For more information and reservations, contact Edwinta Rhodes at 202-582-7138.

D.C. OFFICE ON AGING NEWSLETTER

April is Cancer Control Month

The American Cancer Society suggests the following nutrition and physical activity guidelines to prevent cancer.

Eat a variety of healthful foods, with an emphasis on plant sources. Eat five or more servings of a variety of vegetables and fruits each day.

- Include vegetables and fruits at every meal and for snacks.

- Eat a variety of vegetables and fruits.

- Limit french fries, snack chips and other fried vegetable products.

- Choose 100 percent juice if you drink fruit or vegetable juices.

- Choose whole grains rather than processed (refined) grains and sugars.

- Choose whole grain rice, bread, pasta, and cereals.

- Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks and sugars.

Limit consumption of red meats, especially those high in fat and processed meats.

- Choose fish, poultry or beans as an alternative to beef, pork and lamb.

- When you eat meat, select lean cuts and smaller portions.

- Prepare meat by baking, broiling, or poaching, rather than by frying or charbroiling.

Choose foods that help maintain a healthful weight.

- When you eat away from home, choose food low in fat, calories and sugar, and avoid large portions.

- Eat smaller portions of high-calorie foods. Be aware that "low fat" or "fat free" does not mean "low calorie," and that low-fat cakes, cookies and similar foods are often high in calories.

- Substitute vegetables, fruits, and other low-calorie foods for calorie-dense foods such as french fries, cheeseburgers, pizza, ice cream, doughnuts and other sweets.

Adopt a physically active lifestyle.

Adults should engage in at least a moderate level of activity for 30 minutes or more on five or more days of the week. Engaging in 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer.

Listed below are some examples of moderate and vigorous physical activities. Moderately-paced activities are listed first in each category, followed by vigorous activities.

Exercise and Leisure

Walking, dancing, leisurely bicycling, ice-skating or roller-skating, horseback riding, canoeing, yoga
Jogging or running, fast bicycling, circuit weight

training, aerobic dance, martial arts, jump rope, swimming

Sports

Volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing

Soccer, field hockey or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing

Home Activities

Mowing the lawn, general lawn and garden maintenance

Digging, carrying and hauling, masonry, carpentry

Occupational Activity

Walking and lifting as part of the job (custodial work, farming, auto or machine repair)

Heavy manual labor (forestry, construction, fire fighting)

Helpful Ways to Be More Active

- Use stairs rather than an elevator.

- If you can, walk or bike to your destination.

- Exercise at lunch with your workmates, family or friends.

- Take a 10-minute exercise break at work to stretch or take a quick walk.

- Walk to visit co-workers instead of sending an e-mail.

- Go dancing with your spouse or friends.

- Plan active vacations rather than only driving trips.

- Wear a pedometer every day and watch your daily steps increase.

- Join a sports team.

- Use a stationary bicycle while watching TV.

- Plan your exercise routine to gradually increase the days per week and minutes per session.

Try to maintain a healthful weight throughout life and balance caloric intake with physical activity. Lose weight if you are currently overweight or obese.

Being overweight or obese is associated with an increased risk of developing several types of cancer, including breast (among postmenopausal women), colon, endometrium, esophagus, gallbladder, pancreas and kidney.

People who drink alcohol should limit their intake to no more than two drinks per day for men and one drink a day for women. The recommended limit is lower for women because of their smaller body size and slower metabolism of alcohol.

A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits.

Alcohol is an established cause of cancers of the mouth, pharynx (throat), larynx (voice box), esophagus, liver and breast. Alcohol may also increase the risk of colon cancer.

For more information, contact the American Cancer Society at 800-ACS-2345 or visit its Web site at www.cancer.org.

Congress Heights Senior Wellness Center to Open

The Congress Heights Senior Wellness Center will open this Spring. Planned and developed by the D.C. Office on Aging, the center will provide health promotion and disease prevention activities and programs that promote self-care, healthy lifestyles and longevity for District residents aged 60 and over.

Programs will also address a holistic, complementary, integrative approach to senior health and wellness. They will combine calisthenics, isometrics, stretching, dance, weight training, flexibility and endurance, with nutrition advice and screenings for diseases such as diabetes, hypertension, cancer, HIV/AIDS and cardiovascular disease.

Staffed by a team of health professionals and promoters, the Wellness Center will be the focal point for positive aging, emphasizing the importance of the whole person — their physical, mental, emotional and spiritual needs.

The center is operated by Providence Hospital Wellness Institute.

Features include:

Physical fitness area with alcoves for equipment

Urban garden area with glass windows

Computer learning room

Billiard/game room

Alcoves for special uses

Multi-purpose room for health counseling, nutrition and demonstrations

Massage room

Counseling room

Reading/meditation room

Outdoor walk trail surrounding the building

Offices for staff

Bathrooms with lockers

On-site parking spaces

Mark your Calendar!

Celebrate Older Americans Month with the Office on Aging at the 38th Annual Senior Citizens' Day

Thursday, May 23 from 11 a.m. to 2 p.m. D.C. Armory
For tickets, call 202-724-5622

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

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Addiction Prevention and Recovery Administration.

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Government of the District of Columbia
Anthony A. Williams, Mayor

Ivan C.A. Walks, M.D.
Chief Health Officer of the District of Columbia
Director, Department of Health



D.C. OFFICE ON AGING NEWSLETTER

Nutrition Program Reaches 30 Year Mark

The month of March marked an important milestone in the history of federal legislation for older Americans with the 30th anniversary of the Older Americans Act Nutrition Program, also known as the Elderly Nutrition Program.

The Dept. of Health and Human Services describes the program as “a strong national partnership with state and area agencies on aging, tribal organizations, nutrition service providers, thousands of dedicated volunteers, caregivers, and the private sector.

“The program also provides nutrition screening, education, counseling and a vast array of other supportive and health services. It supports federal, state and local efforts to fight chronic health conditions among the elderly, such as diabetes and cardiovascular disease. The program effectively addresses weight management issues, such as malnutrition and obesity, and it helps to manage depres-

sion that affects millions of older persons in our country today.”

The District of Columbia Office on Aging is proud to have been a part of the nutrition program’s first 30 years. With the members of its Senior Service Network, the DCOA has provided lunch for seniors at churches, senior centers, senior and public housing complexes, and adult daycare programs throughout the District.

Home-delivered meal service is available for those seniors who are not able to attend a congregate nutrition site due to medical or physical limitations. Currently, there are 57 congregate nutrition sites providing meals and activities for D.C. residents 60 years of age and older.

The DCOA recognizes the challenges the families of older adults are faced with on a daily basis. The congregate and home-delivered meal programs provide a reliable method of ensuring that a loved one

will have a meal during the day when it may be difficult for a family member to check on them. In Fiscal Year 2001, more than one million meals were served to older Washingtonians.

In support of the role that family members play in the health and well-being of the District’s seniors, and in celebration of the 30th Anniversary of the Older Americans Nutrition Program, the DCOA invites D.C. senior citizens and their families to attend open house gatherings at congregate nutrition sites around the District. Lunch and special activities will be included in the festivities.

Check the list below for the congregate nutrition sites located in your Ward, and contact the lead agency for details regarding the Family Day/30th Anniversary of the Older Americans Nutrition Program Celebration. Please support another 30 years of improved nutrition and health for the District’s seniors.

Senior Nutrition Sites Sample Menu	Senior Nutrition Sites		
<p>Monday 6 oz Apple Juice 6 oz low sodium Tomato Soup with Crackers Veal Patty with Tomato Sauce and Mozzarella Cheese Succotash Green Beans Wheat Bread with Margarine Fresh Orange 8 oz. 1% Milk Coffee or Tea</p> <p>Tuesday 6 oz Orange Juice Turkey Tetrazzini Vegetable Medley 4 oz. Lettuce and Tomato Salad with Dressing Pumpernickel Bread with Margarine 4 oz. Applesauce 8 oz. 1% Milk Coffee or Tea</p> <p>Wednesday 6 oz. Mixed Citrus Juice 6 oz. Split Pea Soup with Crackers Baked Chicken Breast with Gravy Black Eyed Peas Chopped Collards Wheat Roll with Margarine Pound Cake 4 oz. Sherbert 8 oz. 1% Milk Coffee or Tea</p> <p>Thursday 6 oz. Cran-Apple Juice Beef Stew with Stewed Vegetables Fluffy Rice French Green Beans Rye Bread with Margarine Fresh Banana 8 oz. 1% Milk Coffee or Tea</p> <p>Friday 6 oz. Grape Juice Baked Cod with Lemon Butter Whole Boiled Potatoes with Paprika Parsley Baby Carrots 4 oz. Fruit Cocktail 8 oz. 1% Milk Coffee or Tea</p>	<p>WARD 1 Barney Senior Center 1737 Columbia Road 20009 Campbell Heights 2001 15th St., NW 20009 Columbia Heights 2900 14th St., NW 20009 EOFULA Spanish Senior Center 1844 Columbia Rd., NW 20009 Garfield Terrace 2301 11th St., NW 20001 Harvard Towers 1845 Harvard St., NW 20009 LeDroit Park 2125 4th St., NW 20001 Northwest Community Mental Health Center 1125 Spring Rd., NW 20010</p> <p>WARD 2 Asbury Dwelling 1616 Marion St., NW 20001 Asian/Pacific Islander Senior Services Center 477 G Pl., NW 20001 Claridge Towers 1221 M St., NW 20005 Downtown Cluster’s Day Care 900 Massachusetts Ave., NW 20001 Greenleaf Senior Building 1200 Delaware Ave., SW 20024 James Apartment Building 1424 N St., NW 20005 St. Mary’s Court 725 24th St., NW 20037 Sibley Plaza 1140 N. Capitol St., NW 20002 United Planning Organization Weekend Nutrition Program 401 M St., SW 20024 Washington Urban League Senior Cen- ter for the Homeless (Oasis) 1310 Vermont Ave., NW 20005</p> <p>WARD 3 Adas Israel 2850 Quebec St., NW 20008 Isabella Breckinridge Day Care 4125 Albemarle St., NW 20016 St. Albans Church</p>	<p>3001 Wisconsin Ave., NW 20016</p> <p>WARD 4 Christian Reformed Church 5911 New Hampshire Ave., NE 20011 Colony House 930 Farragut St., NW 20011 Columbia Senior Center 1250 Taylor St., NW 20011 First Baptist Senior Center 715 Randolph St., NW 20011 Ft. Stevens Recreation Center 1327 Van Buren St., NW 20012 Genevieve Johnson Day Care Zion Baptist Church 4817 Blagden Ave., NW 20011 Kennedy St. Senior Program 504 Kennedy St., NW 20011</p> <p>WARD 5 Bethesda Baptist Church 1808 Capitol Ave., NE 20002 Center for the Blind/ Deaf and Hard-of-Hearing Program 2900 Newton St., NE 20018 Delta Towers 1400 Florida Ave., NE 20002 Edgewood Terrace #1 635 Edgewood St., NE 20017 Fort Lincoln I 2855 Bladensburg Rd., NE 20018 Fort Lincoln II 3001 Bladensburg Rd., NE 20018 Fort Lincoln III 3298 Ft. Lincoln Dr., NE 20018 Israel Baptist Church 1251 Saratoga Ave., NE 20018 Model Cities Senior Wellness Center 1901 Evarts St., NE 20018 Our Redeemer Lutheran Church 1725 Michigan Ave., NE 20017 St. George’s Episcopal Church 160 U St., NW 20001 Shalom Senior Center 1876 4th St., NE 20002</p> <p>WARD 6 Anacostia Senior Center St. Phillip’s Episcopal Church 2101 14th St., SE 20020 <i>(this site is currently operating out of St.</i></p>	<p><i>Timothy’s Episcopal Church in Ward 7)</i> Arthur Capper Senior Center 601 L St., SE 20003 Capitol Hill Towers 900 G St., SE 20002 The Pentacles 1509 Benning Rd., NE 20002 <i>(this site is currently closed due to the loss of the site manager)</i> Potomac Gardens 1229 G St., NE 20003 St. Monica’s Episcopal Church 1340 Massachusetts Ave., SE 20003</p> <p>WARD 7 Allen House Upper Room Baptist Church 3760 Minnesota Ave., NE 20019 Capitol View Plaza 5901 E. Capitol St., SE 20019 Dwelling Place Senior Center 2812 Pennsylvania Ave., SE 20020 Phillip T. Johnson Senior Program First United Methodist Church 4323 Bowen Rd., SE 20019 KEMP Senior Center/Kenilworth 4300 Anacostia Ave., NE 20019 Michaux Senior Center 3700 Hayes St., NE #103 20019 Randall Memorial United Methodist Church 1002 46th St., NE 20019 St. Timothy’s Episcopal Church 3601 Alabama Ave., SE 20020</p> <p>WARD 8 Claibourne House Matthews Memorial Church 2632 Martin Luther King, Jr. Ave., SE 20020 Knox Hill Senior Program 2700 Jasper St., SE 20020 Rehoboth Baptist Church 621 Alabama Ave., SE 20032 Senior Citizens Counseling and Delivery Services Senior Center 2451 Good Hope Rd., SE 20020 Senior Citizens Counseling and Delivery Services Geriatric Day Care 2B #4 DC Village Lane, SW 20032</p>